

SEMESTER-II (Pool-A)

COURSE NAME: STRESS MANAGEMENT (CHOI-A02)

Number of Credit: - 02

Maximum marks: 50

UNIT-I

Meaning and nature of stress: Difference between eustress and distress, Frustration, conflict, and pressure; Meaning of stressors; common stressors at work Frustration, conflict, and pressure; Meaning of stressors; common stressors at work.

UNIT-II

Cognitive appraisal of stress: General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on performance.

UNIT-III

Behavioral aspects of Stress: Basis and Adaptive and Maladaptive Behavior; Individual and Cultural Differences: Sources of Stress- Across the Lifespan; College and Occupational Stress.

UNIT-IV

Stress and Work performance: Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Stress; Stress and Conflict in Relationships.

UNIT-V

Strategies of Stress Management: Prevention of stress Challenging Stressful thinking; Problem Solving; Optimal functioning; Making changes last; Small changes and large rewards.
Preparing for the Future: Stress reduction practices: Time management.

Reference Books:

1. Dutta, P,K, (2010) Stress management Himalaya, Himalaya Publishing House.
2. Olpin, M. & Hesson, M. (2015). Stress Management for Life: A Research-Based Experiential Approach. 4th edition. Wadsworth Publishing.
3. Rice.P.L.(1992) Stress and Health, 2nd edition, California, Brooks/Cole.
4. Roy, S (2012) Managing stress, Sterling Publication.
